

MILWAUKEE COUNTY SENIOR DINING

LUNCH

FOR CURBSIDE PICKUP

APRIL



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>  <div> RESERVATIONS REQUIRED  24-HOUR NOTICE 9:30 AM - 11:30 AM CALL YOUR SITE </div> <div>  </div> <div> Suggested Contribution \$3.00 60+  </div> </div>				
Chicken Salad 7-Grain Bread Marinated Carrot Salad  Apple Cranberry Juice Chilled Peaches Rice Krispie Treat	4 ELECTION DAY <i>Site Closures Possible</i> Roast Beef Kaiser Roll Potato Salad Marinated Vegetables Fruit Cocktail Chocolate Pudding	5 Chef's Salad <i>Greens, Tomato, Cheese Julienne Ham, Turkey, Egg Croutons, Ranch Dressing</i> Split-Top Dinner Roll  Pineapple Juice Strawberry Yogurt	6 Club Sandwich w/Lettuce & Tomato Pea & Cheese Salad Chips Chilled Pears Sugar Cookie	7 PB & Jelly Wheat Bread Veggie Pasta Salad Baby Carrots Melon Wedge Snickerdoodle Cookie
11 Egg Salad Whole Grain Bread Broccoli String Cheese Pineapple Graham Crackers	12 Turkey & Swiss Italian Bread Coleslaw Kidney Bean Salad Lemon Bar Granny Smith Apple	13 Asian Chicken Salad <i>Grilled Chicken, Mixed Greens Mandarin Oranges, Vinaigrette Chow Mein Noodles, Almonds</i> Poppy Seed Roll Orange M & M Cookie	14 Hard Salami Asiago Bread Cauliflower Florets Mixed Greens/Dressing Jello Raisins	15 Tuna 7-Grain Bread Red Cabbage Slaw Marinated Bean Salad Banana Baker's Choice
18 Turkey Sourdough Rainbow Slaw  Tomato Juice Mandarin Oranges Nutri-Grain Bar	19 Submarine Coney Bun Pickled Beets 3-Bean Salad Peaches Peanut Butter Cookie	20 Turkey BLT Salad <i>Romaine, Tomato, Cheese Chopped Turkey, Bacon Ranch Dressing</i>  Orange Juice Pear Pumpkin Muffin	21 Ham & Cheese Marble Rye Bread Broccoli Salad  Grape Juice Brownie Apple	22 Chopped Chicken Fajita Salad Tortilla Chips Fruited Yogurt Grapes
25 Ham Salad Whole Grain Bread Carrot Raisin Salad Pretzels Chilled Apricots Banana Bread	26 Turkey Salad Whole Wheat Bread Marinated Vegetables  Juice Cottage Cheese Blueberry Pie	27 Tuna Salad/Onion Roll Lettuce & Tomato Pasta Salad Sun Chips Applesauce Oatmeal Raisin Cookie	28 Chicken & Cheese Tortilla Wrap Black Bean Salad Spinach/Dressing Clementine Lorna Doone Cookies	29 Roast Beef Italian Bread French Potato Salad Baby Carrots Fruit Cocktail Cereal Bar

MILWAUKEE COUNTY SENIOR DINING



Healthy For Good™

FOUR WAYS TO GET GOOD FATS

Replace saturated fats with unsaturated fats as part of a healthy eating pattern. Unsaturated fats can help lower bad cholesterol and triglyceride levels, and they provide essential nutrients your body needs. Here are four easy and delicious ways to get more of the good fats.



GO FISH

Eat fish at least twice a week. Choose fatty or oily fish like albacore tuna, herring, lake trout, mackerel, sardines and salmon to get essential omega-3 fatty acids.

BE NUTTY

Munch on a small handful (about 1 oz.) of unsalted nuts and seeds for good fats, energy, protein and fiber. Good choices include almonds, hazelnuts, peanuts, pistachios, pumpkin seeds, sunflower seeds and walnuts.



ADD AVOCADO

Snack, cook and bake with avocado to add healthy fats, fiber and essential vitamins and minerals.

CHECK THE OILS

Use cooking and dressing oils that are lower in saturated fat. Good choices include avocado, canola, corn, grapeseed, olive, peanut, safflower, sesame, soybean and sunflower oils.



EAT SMART ADD COLOR MOVE MORE BE WELL

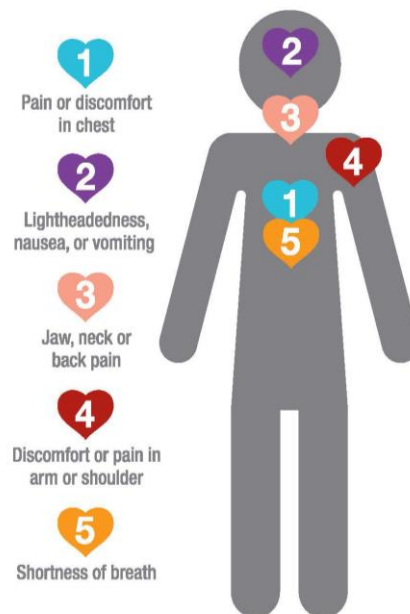
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Common Heart Attack Warning Signs



Learn more at Heart.org/HeartAttack.

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Healthy for Good™



CHECK FOR THE HEART-CHECK MARK

The Heart-Check mark is a simple tool to help you Eat Smart. When you see it, you can be confident that a product aligns with the American Heart Association's recommendations for an overall healthy eating pattern.

Hundreds of products carry the Heart-Check mark. Look for the Heart-Check wherever you shop—it's in almost every aisle!

This is what it takes to be Heart-Check certified:

SOURCE OF NUTRIENTS

Beneficial Nutrients (naturally occurring):
10% or more of the Daily Value of 1 of 6 nutrients (vitamin A, vitamin C, iron, calcium, protein or dietary fiber)

LIMITED IN SODIUM

Sodium:
One of four sodium limits applies depending on the particular food category: up to 140 mg, 240 mg or 360 mg per label serving, or 480 mg per label serving and per standard serving size.*

LIMITED IN BAD FATS

Saturated Fat:
1 g or less per standard serving size and 15% or less calories from saturated fat

Trans Fat:
Less than 0.5 g per label serving size and per standard serving size. Products containing partially hydrogenated oils are not eligible for certification.

TO LEARN MORE, VISIT
heartcheck.org

*All requirements listed apply to Standard Certification, see heartcheck.org/requirements

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